

APRIL 2012(I)

Bi-Weekly Stall Talk



WORKGROUP SPOTLIGHT:

****Events Center ****

****Food and Beverage Division****

Before employees wash their hands they grab a paper towel to turn the faucet on and off preventing the spread of diseases.



Way to go!

What healthy behaviors can you do in your work group?

Get ready for Summer!

FREE exercise classes for **City Employees!**

When: April 17th—May 24th

Where: Rec Center

Time: 5:30 pm-6:15 pm

- **Tuesdays:** Kick 'n Tone
- **Thursdays:** Bellies, Backs & Butts



Contact Mary x514 or
mfacciani@cityofcasperwy.com, re-
serve yourself a spot, it's filling up fast!



CNIC Wellness RN on-site visit:

CNIC's Wellness RN, Janiece Murri will be in the PSD meeting room in City Hall:

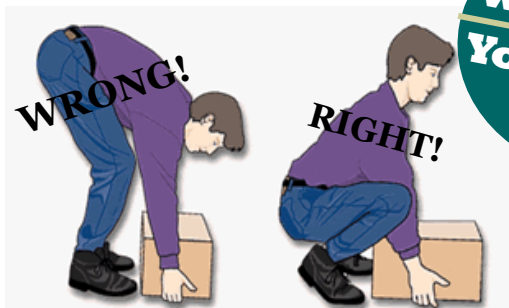
- 11 am–5:30pm on Wednesday, April 11th
- 8 am–5:30pm on Thursday, April 12th.

If you have CNIC & have health questions, call to schedule an appointment.



1-800-426-7453 x 1266

Body Mechanics: Lifting



We've Got Your Back!

Mark Your Calendars!

May 5th: Firefighter Challenge 5k run/walk, Lifetime Health & Fitness 9 am, registration 8 am.

June 2nd: The Police Department/ Special Olympics 5k run/walk, Tate Pumphouse, 10 am, registration 8 am.

The first **25 employees** who register for each event will have their entry fee paid for by the City!

Call Mary x514 to sign up!



April Safety Question:

Nationally, what percentage of those killed in work zones are workers?

Workers around traffic, such as police, fire, & public service employees.

- A. 12
- B. 82
- C. 15
- D. 78



The answer will be revealed in the next edition of Stall Talk.

Remember...Healthy Employees are Safer Employees!